

VA Eastern Kansas Health Care System Mental Health & Related Services



Community Mental Health Summit 2015

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Acute Psychiatry

	Point of Contact	Phone Number
Acute Psychiatry	MHC phone nurse	785-350-4727

Acute Psychiatry Mission:

To provide Veteran-centered care that in partnership with the Veteran promotes hope, empowerment, personal responsibility and that aids the Veteran in beginning the journey towards a meaningful life and ultimately the integration into the community.

EKHCS Acute Psychiatry units provide stabilization and short term treatment services to veterans in the acute phase of their illness. The criteria for admission are:

- (1) Suicidal or homicidal threat or ideation, self-mutilating behavior and/or poor impulse control.
- (2) Uncontrolled psychosis, mania, anxiety, or depression that cannot be managed in the outpatient setting.
- (3) Acute mental status change not related to a medical condition.
- (4) Eligibility requirements must be met.

Veterans must be able to physically participate in treatment. Due to environmental issues the acute units are not able to accommodate veterans with medical issue/interventions beyond those of an outpatient level of care. EKHCS does not provide addictions-related methadone maintenance or methadone detoxification.

To inquire about an possible acute psychiatric admission please call 785-350-4727 (24/7)

**Addiction Treatment Program (ATP)
(Leavenworth)**

Program/Area	Point of Contact	Phone Number	Email Address
Addiction Treatment Program	Jenny Rosinski, PhD	913-682-2000 Ext. 53050	jenny.rosinski@va.gov

The Addiction Treatment Program is an outpatient treatment program designed to promote recovery from addictive behaviors. Several modalities of care are represented in the group and individual therapy provided by the skilled clinicians who comprise the Addiction Treatment Program team. Seeking Safety, Spirituality, 12 step facilitation, SMART® Recovery, Cognitive Behavioral Therapy, and Motivational Interviewing are just a few examples of these services. In addition to continuing care services, the ATP provides an Intensive Addiction Treatment Track designed to serve those Veterans in the early stages of recovery, or those who have been identified as high risk for relapse.

Caregiver Support Program

Program/Area	Point of Contact	Phone Number	Email Address
Caregiver Support Program	Misty Lester, LSCSW	785-350-3111 Ext. 52232	misty.lester2@va.gov

The Caregiver Support Program is available to informal caregivers of Veterans who are enrolled in VA healthcare, regardless of era or service connection or relationship to the Veteran. The Caregiver Support Program offers support, assessment, information, referral, and training. Through participation in the Caregiver Support Program, unpaid family caregivers receive routine assessment and interventions to help support them in their role of providing care to the Veteran at home. Training, resources, and referrals are also provided based on the Veteran's specific diagnosis and the caregiver's need.

The Comprehensive Caregiver Support Program provides enhanced services for caregivers of Veterans who were injured in the line of duty after 9/11/2001 and who require a family member to care for them due to their Service Connected Injury. This program has specific requirements, guided by law, and a comprehensive application process must be completed to determine eligibility.

Additional information, resources, and the application for the Comprehensive Caregiver Support Program can be found at www.caregiver.va.gov.

**Domiciliary (Dom)
&
Mental Health Residential Recovery Treatment Program (MHR RTP)**

Program/Area	Point of Contact	Phone Number	Email Address
Dom / MHR RTP	Lindsay Teplesky, LSCSW	913-682-2000, ext. 52750	lindsay.teplesky@va.gov

The MHR RTP is a residential rehabilitation program that provides short-term rehabilitative and long-term health maintenance care for veterans who require minimal medical care. Our main focus is our comprehensive Homeless Program designed to address the needs of homeless veterans. The role of the MHR RTP is to provide medical, psychosocial, and vocational rehabilitation essential to restoring patients to an optimal level of functional independence and health, and if possible, return them to successful independent or semi-independent life in the community. Patients treated range in age from 18 to 80+ years, and include veterans from all eras.

Cottonwood Community Living Center

Program/Area	Point of Contact	Phone Number	Email Address
Community Living Center	Colleen Grinage, Nurse Manager	785-350-3111 Ext. 53260	colleen.grinage@va.gov

The Cottonwood Community Living Center is an evaluation and diagnostic unit for cognitively impaired veterans who are generally 55 years of age or older, however on occasion younger veterans are accepted based on their physical disabilities, illnesses, and/or cognitive impairment. We work with a vast array of diagnoses ranging from dementia (with or without a behavioral element), Schizophrenia, Bipolar Disorder, Major Depressive Disorder, delirium, hallucinations, delusions, or any combination of these. Most of the veterans in this unit have a psychiatric diagnosis and may also have a dementia superimposed with that diagnosis. Additionally, this population is effected by the physical illnesses of aging such as pneumonia, diabetes, congestive heart failure, COPD, etc.

Cottonwood provides multiple services to the gero-psych population. We provide basic nursing care and restorative nursing care to regain or maintain loss of function. Physical therapy is also available to enhance restorative efforts. We also provide social work interventions to assist with obtaining finances for housing or extended nursing care in the community, assisting families with choosing a nursing facility, or working through division of assets, guardianships, payees, DPOA's, and legal issues. Recreation therapy is also available to provide cognitive stimulation that is age appropriate. Recreation therapy encourages veterans with work together in groups, to demonstrate appropriate social skills and to provide activity at leisure time. All services provided in the Cottonwood Community Living Center are in the best interest of the veteran as all staff share the common goal of advocacy for the veteran who cannot advocate for his or her self, and to ensure that the discharge plan is to the least restrictive environment which will promote the highest level of functioning for that veteran.

Healthcare for Homeless Veterans (HCHV) Program

Program/Area	Point of Contact	Phone Number	Email Address
Topeka	Brianna Frits	785-350-3111 Ext. 52121	brianna.frits@va.gov
Leavenworth	Bruce Burgo	913-682-2000 Ext. 52068	bruce.burgo@va.gov

The HCHV programs now serve as the hub for a myriad of housing and other services which provide VA a way to outreach and assist homeless Veterans by offering them entry to VA care. Outreach is the core of the HCHV program. The central goal is to reduce homelessness among Veterans by conducting outreach to those who are the most vulnerable and are not currently receiving services and engaging them in treatment and rehabilitative programs. Contracted Emergency Housing options are available to veterans to provide immediate shelter and to keep Veterans out of community shelters.

Health Care for Re-entry Veterans (HCRV)

Program/Area	Point of Contact	Phone Number	Email Address
HCRV	Christine Strohm	913-682-2000, Ext. 53098	christine.strohm99@va.gov

The Health Care for Re-entry Veterans (HCRV) Program is designed to address the community re-entry needs of incarcerated Veterans. HCRV services include:

- Outreach and pre-release assessments services for Veterans in prison
- Referrals and linkages to medical, psychiatric, and social services, including employment services upon release
- Short term case management assistance upon release

VHA may not provide medical services that are part of care to be provided by correctional institutions.

HCRV provides information to Veterans while they are incarcerated so they may plan for re-entry themselves.

Housing & Urban Development – VA Supportive Housing (HUD-VASH)

Program/Area	Point of Contact	Phone Number	Email Address
HUD-VASH	William (Bill) Lanning LCSW, BCD.	913-682-2000 Ext. 52948	william.lanning@va.gov

The HUD-VASH program is a cooperative effort between two separate federal government agencies (HUD & the VA). The goal of the program is to help veterans stop the cycle of chronic homelessness by providing them with a stable housing environment and structured support, to allow the veteran to obtain and maintain themselves in private community based personal housing. The program is a community based clinical case management program that provides the veterans with professional oversight and sound clinical support. HUD/VASH supports the veteran by joining with them to examine the past causes of their homelessness and helping them with the support, encouragement, and structure to stop the cycle of homelessness. The program also provides some financial incentives in the form of rental assistance based on the Veterans individual needs. The HUD-VASH program now has 260 vouchers spread across multiple communities from St. Joseph Missouri, to Manhattan Kansas.

Life Enrichment Center (LEC)

Program/Area	Point of Contact	Phone Number	Email Address
Life Enrichment Center	Jean Holthaus	785-350-3111 Ext. 52950	Jean.holthaus3@va.gov

The Life Enrichment Center (LEC) is an outpatient Psychosocial Rehabilitation and Recovery Center designed to provide services to Veterans with diagnosis of serious mental illness and PTSD. The LEC is a transitional educational program offering qualified veterans opportunities to grow in their recovery process, develop meaningful activities in which to be involved, and to improve the quality of their lives. Available services include various recovery oriented groups that both educate and build skills in recognizing and managing mental health symptoms, clinical services including individual and group therapy, medication monitoring, multiple opportunities for community integration activities including volunteering and recreation/leisure pursuits, as well as active peer support, both formal and informal. Veterans also assume leadership roles through the Veteran Government Meeting that is held on a weekly basis and provide input into program design and veteran needs.

Local Recovery Coordinators

Program/Area	Point of Contact	Phone Number	Email Address
Topeka	Dinah Dykes, LSCSW	785-350-3111 Ext. 52194	dinah.dykes@va.gov
Leavenworth	Brandy Smith, Ph.D.	913-682-2000 Ext. 53018	brandy.smith4@va.gov

The position of Local Recovery Coordinator (LRC) was developed at the National level in 2007 to ensure that recovery oriented principles and care were instituted at each VA facility across the nation. Local Recovery Coordinators are charged with transforming their facility from the medical or maintenance model to recovery oriented care in all of the programs, both inpatient and outpatient.

Local Recovery Coordinators are actively involved in a variety of hospital planning committees. They provide education and consultation about mental health recovery, as well as clinical services to veterans and their families, whether through individual sessions or in a group setting. Local Recovery Coordinators at VA Eastern Kansas also facilitate coordination of the Peer Support Specialist program, meeting with both Peer Support Specialists and their supervisors on a regular basis. Local Recovery Coordinators also lead the charge on a national initiative to locate Veterans who have a diagnosis of Serious Mental Illness (SMI) who have not received services for some time, to ensure their needs are being met and if not, to re-engage them in mental and physical health services.

Local Recovery Coordinators act as Liaisons for the facility's Veterans Advocacy Group, which is a veteran run group that works collaboratively with the Behavioral Health Service Line to improve services for veterans. They are also actively involved with the process of promoting Patient Centered Care for all Veterans receiving services at the VA.

Local Recovery Coordinators provide opportunities for connections to Community, State and Federal Agencies through the annual Mental Health Awareness Month activities which are held in October of each year. Community Agencies are invited to participate in a community resource fair and attend presentations by mental health specialists, veterans and other clinicians in the area of mental health recovery.

Mental Health Clinic & Care Clinic 4

Program/Area	Point of Contact	Phone Number	Email Address
MHC/Topeka	Susan Ohlde, Ph.D.	785-350-3111 Ext. 54335	susan.ohlde@va.gov
CC4/ Leavenworth	Susan Paolo, Ph.D.	913-682-2000 Ext. 53036	susan.paolo@va.gov

The VA Eastern Kansas Mental Health Clinics in Topeka and Leavenworth provide assessment, evaluation, consultation, and treatment for a variety of emotional, behavioral, and mental health issues. Each clinic is open from 0800-1630 on Monday – Friday with evening hours available on Wednesdays. The clinic is staffed with psychiatrists, psychologists, APRNs, social workers, and nurses.

Services Available

- Clinical psychiatric assessments
 - Psychiatric medication assessments and monitoring
 - Individual, family, and group psychotherapy
 - Psychiatric nursing and triage assessments
 - Social work services and community resource acquisition
 - Individual and group nurse wellness appointments
 - Evidence based treatment for depression, post-traumatic stress, insomnia, and couples.
 - Psychiatric inpatient hospitalization triage and assessments (For after-hours use the VA Emergency Room)
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Peer Support Services

Topeka	Dinah Dykes, LSCSW	785-350-3111 Ext. 52194	dinah.dykes@va.gov
Leavenworth	Brandy Smith, Ph.D.	913-682-2000 Ext. 53018	brandy.smith4@va.gov

Peer Support Specialists provide valuable services to Veterans in various Behavioral Health Programs. Each campus employs three Peer Support Specialists and they provide a wide variety of services to different programs.

In Topeka, Peer Support Specialists are available in the Mental Health Clinic, Inpatient Acute Psychiatry, Psychiatric Recovery and Wellness Program, Life Enrichment Center, and the Outpatient PTSD program. In Leavenworth, Peer Support Specialists are used in the Domiciliary and in the outpatient Mental Health Clinic.

Peer Support Specialists are actively engaged in enriching their own wellness, while at the same time assisting other Veterans in identifying and achieving specific, measurable life and recovery goals. The purpose of peer support is to provide opportunities for Veterans to take control of their own recovery, teach and support new life skills, advocate for recovery oriented services, and build a sense of wellness and self-worth in the Veteran mental health community.

The VA Peer Support Specialists bring a unique perspective to the treatment teams on which they work. They are involved in many levels of VA care from the personal and professional side. Peer Support Specialists advocate alongside other Veteran patients, advise treatment team members, and make recommendations to facility committees, such as the Patient Centered Care committee and the Veterans Mental Health Council.

Mental Health Intensive Case Management (MHICM)

MHICM	Terri Picolet	785-350-3111 Ext. 52132	Terri.picolet@va.gov
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The Mental Health Intensive Case Management (MHICM) Program is an outpatient program based upon the Assertive Community Treatment (ACT) model that provides community-based intensive case management services for veterans with severe and persistent mental illness. The Mental Health Intensive Case Management Program (MHICM) is an "outpatient clinic without walls" providing services to veterans within a 30 mile radius of this facility. MHICM consists of a multidisciplinary team of professionals (e.g. Physician Assistant, Nurses, and Social Workers) who utilize a client-centered, community based approach to help veterans experiencing severe mental illness live independently in their homes and communities.

Services provided include:

- Frequent home visits by a social worker and/or registered nurse (RN/LPN);
 - Coordination of primary medical & mental health care;
 - Assistance with medication management;
 - Crisis management;
 - Information, referral and assistance in applying for needed benefits;
 - Counseling and assistance regarding family issues, finances, housing; and,
 - Access to Vocational Services for obtaining competitive employment
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Military Sexual Trauma

Program/Area	Point of Contact	Phone Number	Email Address
MST/Topeka	Gary Napier, CNS	785-350-3111 Ext. 52068	gary.napier3@va.gov
MST/ Leavenworth	Dominic Bastinelli, LMSW	913-682-2000 Ext. 53270	dominic.bastinelli@va.gov

Individual and group psychotherapy services are provided at both the Topeka and Leavenworth Hospitals for men and women Veterans who have experienced Military Sexual Trauma (MST). There is an inpatient residential program at the Topeka hospital that provides services for MST. Service for MST is provided free of charge to qualified Veterans. Veterans may be qualified for MST services even if they are not qualified to receive other medical care from the VA.

PTSD Clinical Team (PCT) Outpatient - PTSD

Program/Area	Point of Contact	Phone Number	Email Address
PCT – Outpatient PTSD	Jim Sharpnack, Ph.D.	785-350-3111 Ext. 53456	james.sharpnack2@va.gov

Since its inception in 1992, the mission of the outpatient PTSD program (PCT) has been to address the impact of Post-Traumatic Stress Disorder (PTSD) and co-morbid mental health issues. Goals include minimizing the impact of symptoms upon functioning, rebuilding social and family relationships, and restoring quality of life. Treatment is offered to male and female Veterans who have experienced military-related trauma resulting in PTSD. PCT is comprised of a treatment team with professionals from Psychiatry, Psychology, and Nursing Service. Staff members are dedicated and experienced in working with stress disorders. The team is invested in working with Veterans and assisting them to attain their personal goals.

Stress Disorder Treatment Program/PTSD Unit

Program/Area	Point of Contact	Phone Number	Email Address
SDTP/PTSD	Kirsten Watkins	785-350-3111 Ext. 52139	kirsten.watkins@va.gov
SDTP/PTSD	Peggy Tice	785-350-3111 Ext. 52123	peggy.tice@va.gov

The Stress Disorders Treatment Unit is a 7-week voluntary inpatient program for veterans suffering from PTSD and other stress related disorders. Admission is through application and referral of current MH provider. The program is very didactic in nature and classes are in session M-F from 8 AM till 9:30 pm offerings such as Stress Management, Core Issues of PTSD, Relationships, In-Vivo, PTSD Education, Transitions, Self Esteem, Anger and Emotional Control, Recovery, Relapse Prevention, Acceptance and Commitment, Mindfulness, Yoga and Relaxation. Psychotherapy is three times per week starting the first week and Trauma Resolution (CPT model) usually starts in week 2 or 3.

The treatment team consists of Psychologists, Registered Nurses, A Social Worker, Licensed Practical Nurses and a Physician Assistant.

Psychiatric Recovery & Wellness Program (PRWP)

Program/Area	Point of Contact	Phone Number	Email Address
Psychiatric Recovery & Wellness Program	Sandi Jensen, RN, Nurse Manager	913-682-2000 Ext. 52231	sandra.jensen3@va.gov

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The Psychiatric Recovery and Wellness Program (PRWP) is an inpatient psychiatric unit developed by a multidisciplinary team of VA staff members and implemented in January 2013. The mission of the PRWP is to work in partnership with program participants to provide Veteran-centered care that promotes hope, empowerment, and personal responsibility. Interventions are designed to aid veterans in beginning the journey toward a more meaningful life and integration into the community of his/her choice.

Program Overview:

- Program participants have the opportunity to participate in over 40 hours of therapeutic groups and activities that are consistent with the VA's commitment to recovery based mental health care. Specific groups include Mental Wellness, Breathing and Relaxation, Emotional Regulation, Social Skills Training, Exercise, Pharmacy Review, Spirituality, Sleep Hygiene, Discharge Planning, PTSD Support Group, and Vocational Rehabilitation.
 - Participants actively work with their PRWP treatment team to develop a comprehensive plan for treatment based on their personal goals and recommendations made by the multidisciplinary team.
 - The structure of the unit, which includes a unit government and twice daily community meetings, was designed to foster a sense of community and encourage a system of peer support.
 - A direct admission process was implemented to more effectively address the unique needs of a changing veteran population and to offer intensive psychiatric treatment to veterans who do not meet criteria for acute psychiatric care. All veterans who have consults for the program are carefully reviewed by the nurse manager and treatment team to ensure that the program will be able to meet their needs.
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Fresh Start

Program/Area	Point of Contact	Phone Number	Email Address
Inpatient addiction & dual Diagnosis treatment	Terra Prescott, LMSW	785-350-3111 ext. 52166	terra.prescott@va.gov

Fresh Start is an inpatient treatment program for addiction and co-occurring psychiatric disorders. Launched in November of 2014, Fresh Start's mission is "to provide a safe and supportive environment for Veterans to start their journey into recovery from addictions. A locked unit, the voluntary program entails four weeks of intensive therapy in a secure environment. The program includes:

- A safe and therapeutic environment
 - Veteran-centered treatment through a recovery-oriented model
 - Daily group therapy sessions aimed at learning Cognitive Behavioral-based skills and enhancing motivation for long-term recovery.
 - SMART recovery principles
 - Personal treatment manuals
 - Veteran Council structure to promote peer support, advocacy, and personal responsibility.
 - Learning about community resources
 - Regular treatment team meetings with Veteran and staff to monitor progress
 - Developing individualized relapse prevention and aftercare plans
 - Leisure planning and recreation therapy
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Suicide Prevention

Program/Area	Point of Contact	Phone Number	Email Address
Suicide Prevention	Stephanie Davis, Ph.D.	785-350-3111, Ext. 52024	Stephanie.davis12@va.gov

The Suicide Prevention program is devoted to identifying those at risk for self-harm, educating people about suicide risk and risk reduction. The education is for veterans, families, VA staff members, and community members at large. The Suicide Prevention staff members provide crisis interventions, monitoring of those who are assessed as being at risk for self-injury and suicide, serving as consultants to veterans, family members, staff members, and community partners. The Suicide Prevention staff members monitor and respond to veterans who have contacted the Veterans Crisis Line (1-800-273-8255, press 1). The Suicide Prevention staff members also participate in hospital quality improvement activities and community activities that will lead to improved care for our veterans.



Neuropsychology

Program/Area	Point of Contact	Phone Number	Email Address
Neuropsychology Topeka	Brad Anderson, Ph.D.	913-682-2000 ext. 53072	brad.anderson2@va.gov
Neuropsychology Leavenworth	Scott Sumerall, Ph.D.	785-350-3111 ext. 52031	scott.sumerall@va.gov

Assessment of cognitive functioning is conducted, including helping with diagnosis, tracking changes over time, and evaluating skill capacities (such as handling finances, etc.). Cognitive rehabilitation and biofeedback services are also offered.

Primary Care Mental Health Integration (PC/MHI)

Program/Area	Point of Contact	Phone Number	Email Address
Topeka	Dawn Gettman, Psy.D.	785-350-3111 ext. 52169	dawn.gettman@va.gov
Leavenworth	Michael Black, Ph.D.	913-682-2000 ext. 52774	michael.black@va.gov

The Primary Care Mental Health Integration (PCMHI) teams consist of psychologists and psychiatrists embedded in our primary care clinics. PCMHI providers are available for walk-in and scheduled appointments, and they are often the first mental health professionals that Veterans encounter. PCMHI providers provide patient education, brief and time-limited interventions, triage services, and consultation with other staff members to ensure continuity of care.

Veterans Justice Outreach

Program/Area	Point of Contact	Phone Number	Email Address
Veterans Justice Outreach	Heather R. Davis, LSCSW LCAC	785-350-3111 Ext. 52191	heather.davis5@va.gov

The VJO initiative is a service being implemented by the VA Homeless Veterans Programs in an effort to assist Veterans who are involved in the criminal justice process to become linked to VA mental health, substance abuse, and other treatment programs. The goal of the VJO initiative is to prevent unnecessary incarceration and other sanctions that may contribute to homelessness among Veterans.

VJO Specialists serve Veterans of all eras by assessing Veteran's health care needs, identifying appropriate VA and non-VA services, and providing referral and linkage to comprehensive health care services. With the Veteran's consent, the VJO Specialists can communicate essential information about treatment participation (i.e. admission, attendance, progress, treatment plan, and discharge) to attorneys and Court personnel for use in the disposition of the Veteran's criminal justice cases. VJO Specialists cannot perform forensic evaluations or arrange custodial placement.

Grant and Per Diem (GPD)

Program/Area	Point of Contact	Phone Number	Email Address
Grant and Per Diem	Dolly Mitchell	913-682-2000, ext. 52316	dolly.Mitchell2@va.gov

Under the GPD Program, VA offers grants to non-VA organizations to help develop transitional supportive housing programs and supportive service centers. The goal of the GPD program is to help homeless Veterans achieve residential stability, increase their skill levels and/or income, and obtain greater self-determination. Only programs with supportive housing (up to 24 months) or service centers (offering services such as case management, education, crisis intervention, counseling) are eligible for these funds. The GPD program has two levels of funding:

Grants – funds for partial construction or renovation of transitional housing facilities plus ongoing operational support in the form of per diem payments.

Per Diem - fees paid for services/residence per day.

Eastern Kansas Health Care System has two operational GPD programs:

Salvation Army in St. Joseph Mo has an 8 bed, 3 month program. Program extensions are possible but cannot exceed 24 months.

City Of Refuge in Leavenworth KS is a 20 bed 18 month program. Program extensions are possible but cannot exceed 24 months. The GPD program has co-pay of \$250 or 30% of the monthly income whichever is less. Veterans must also work or do volunteer work a minimum of 20 hours a week.

Compensated Work Therapy (CWT)

Program/Area	Point of Contact	Phone Number	Email Address
Topeka	Debra Varney	785-350-3111 Ext. 52959	deb.varney@va.gov
Leavenworth	Mark Tomlinson	913-682-2000 Ext. 52645	mark.tomlinson@va.gov

The Compensated Work Therapy (CWT) Transitional Work program prepares Veterans to secure and maintain competitive employment in the community. Any Veteran with a mental or physical disability eligible for Veterans Health Affairs services is eligible for participation in the CWT/TW program. The primary goal of CWT is to prepare Veterans to secure and maintain competitive employment. Participants have an opportunity to practice and acquire workplace skills needed in competitive employment. CWT functions just like a real job. This allows staff to help the Veteran address work related challenges and practice the same job demands of non-CWT employment.

Incentive Therapy (IT)

Program/Area	Point of Contact	Phone Number	Email Address
Incentive Therapy	Jill Quarles	785-350-3111 Ext. 52087	jill.quarles@va.gov

The Incentive Therapy (IT) program assists Veterans with work hardening activities which are remunerated with medical center dollars. All work in this program must be of direct benefit to the hospital. Any Veteran eligible for VAMC services with a psychological or physical disability could be eligible. Emphasis is placed on engaging Veterans participating in the HUD-VASH program and Veterans who have no other source of income. The IT program is a pre-vocational program with a focus on developing appropriate work habits and skills. A key feature of this program is its versatility and adaptability to meet local needs. Hourly pay is capped at one half the federal minimum wage levels. Every IT participant receives clinical support from the program staff in one-on-one sessions or group meetings.

Supported Employment

Program/Area	Point of Contact	Phone Number	Email Address
Topeka	Susie Beninga	785-350-3111 Ext. 52958	sandra.beninga@va.gov
Leavenworth	Shawn Martinez	913-682-2000 Ext. 52364	shawn.martinez@va.gov

The Supported Employment program assists Veterans as they secure and maintain competitive employment in the community. The program is available to any Veteran eligible for Veteran Affairs Healthcare services with an interest in working and has a serious mental illness or catastrophic disability. Every supported employment participant will receive the necessary support they need to maintain employment.

Transitional Residences

Program/Area	Point of Contact	Phone Number	Email Address
Transitional Residences	Bruce Wayant Stanley Simmons Jill Quarles	785-350-3111 Ext. 52957, 52265 or 52087	bruce.wayant@va.gov stanley.simmons@va.gov jill.quarles@va.gov

Transitional Residences provide Veterans with community based housing and therapeutic work-based rehabilitation services designed to facilitate successful community re-integration. The transitional program is designed to help Veterans meet their vocational, personal and independent living goals. The program is designed to increase Veterans motivation and self-esteem, create new interest and to assist them in breaking from institutional patterns. Veterans work in a realistic, non-institutional work environment while meeting CWT/TR obligations of sobriety, savings and community integration. Transitional residences are located at 1325 SW Clay and 3824 SW Atwood in Topeka, Kansas.

Vocational Rehabilitation Service

Program/Area	Point of Contact	Phone Number	Email Address
Vocational Rehabilitation Service	Kent Schumaker	785-350-3111 Ext. 52965	kent.schumaker@va.gov

The Vocational Assessment and Counseling program is designed to assess a Veterans interests and assist them in identifying employment in the community. The Vocational Rehabilitation Service (VRS) is able to direct Veterans to various educational programs, make referrals to the State VRS program, or assist in seeking Chapter 31 assistance. In addition, the VRS is able to assist with job searches, resume development and application completion. Vocational assessment participants receive vocational counseling and assistance in job search/applications. Help is provided in identifying resources for continued education (PELL grants, Chapter 31, etc.).

Chaplain Services

Program/Area	Point of Contact	Phone Number	Email Address
Chaplain Services	Janis Grubbs	785-350-3111 Ext. 53978 or 52939	janis.grubbs@va.gov

VA Chaplains are clinical pastoral care specialists, fully integrated into the health care team and trained to provide counseling and support to persons of all faiths (as well as non-religious people). The journey through illness can call into question the very purpose and meaning of life, whether one is laboring through an extended recovery process, or negotiating the last days of life.

A growing body of research indicates that patients who are spiritually active experience faster healing, better coping with disability, diminished pain, and overall report a better quality of life. The chaplains will inquire about special cultural, grief or religious needs and if desired, will help the patient access community clergy or spiritual care providers.

The VA Chaplains offer inpatient and outpatient support and host a number of spirituality groups and worship services. Bereavement Care resources are available for veterans and their families. The Chapel is open 24-hours a day for prayer or meditation.

Community Based Outpatient Clinics (CBOCs)

Program/Area	Point of Contact	Phone Number	Email Address
CBOC	Margaret Rosthauser	913-682-2000 ext. 52447	margaret.rosthauser@va.gov

In addition to the main facilities in Topeka and Leavenworth, VA Eastern Kansas offers services in surrounding community based outpatient clinics. The CBOCs provide Primary Care service as well as Specialty Care services including Mental Health. These clinics play an integral role in increasing access to Veterans who reside in rural communities or have challenges traveling to the main campuses for their care.

The nine CBOCs are located in the following communities:

- Chanute
- Emporia
- Lawrence
- Fort Scott
- Garnett
- Junction City
- Wyandotte (Kansas City, Ks.)
- Seneca
- St. Joseph (Missouri)
- Platte City (Missouri) – COMING SOON!

For more information and directions to the CBOCs please visit

<http://www.topeka.va.gov/locations/index.asp>

My HealtheVet

Program/Area	Point of Contact	Phone Number	Email Address
Personal Health Record Portal	Janet Barrett - Topeka	785-350-4464	janet.barrett@va.gov
Personal Health Record Portal	Shawn Hoffman - Leavenworth	913-682-2000 Ext. 51640	shawn.hoffman@va.gov

My HealtheVet (www.myhealth.va.gov) is VA's award-winning online Personal Health Record (PHR). It offers users 24/7 online access to health information, resources and other tools. My HealtheVet helps Veterans (and caregivers) to better manage their overall health, make informed decisions, and record and view important health information. VA patients with an upgraded My HealtheVet account can: Refill and manage prescriptions, review their VA appointments, utilize the "Blue Button" to view portions of their VA health record to include lab results and VA notes, use Secure messaging to communicate with their VA health care teams and much more!

Operation Enduring Freedom, Operation Iraqi Freedom, & Operation New Dawn (OEF/OIF/OND) Program

Program/Area	Point of Contact	Phone Number	Email Address
OEF/OIF/OND	Jennifer Molleker, LSCSW	785-350-3111 Ext. 52356	jennifer.molleker@va.gov

The OEF/OIF/OND Program consists of Care Managers who are ready to welcome OEF/OIF/OND Veterans home and help coordinate their care. Care Managers help organize patient care activities and help new Veterans navigate their way through the VA system and assist with accessing community and non-VA resources as well. They work closely with Military Treatment Facilities and the Department of Defense to ensure that Veterans make a seamless transition from the military to civilian life.

Care Managers also attend National Guard and Reserve outreach events as well as other community events. The VA's involvement at these events is to enroll and educate the Veterans on their Health Care Benefits through the VA.

Tribal Outreach

Program/Area	Point of Contact	Phone Number	Email Address
Tribal Outreach Coordinator	Will McClammy	(785) 350-4344	will.mcclammy@va.gov

The goals of the Tribal Outreach program at VAEKHCS are:

- 1) To facilitate increased access to quality care and benefits for American Indian/Alaska Native (AI/AN also referenced as “Native”) Veterans in local tribal communities; and
- 2) To promote VA/Tribal partnerships and
- 3) To encourage economic sustainability.

The VA and Indian Health Service (IHS) entered into a National Reimbursement Agreement (RA) as one method to achieve those goals. RAs, when implemented locally between VA Medical Centers and tribal health programs (THP) or VA and IHS facilities, offer eligible, VHA-enrolled Native Veterans the choice to receive direct health care services from their local IHS or THP, allowing VA to reimburse the IHS or tribal health program for that care, thus generating revenue to the IHS or THP. Veterans also retain the option to choose to receive their care from the local VA Medical Center or Community Based Outpatient Clinic. RAs serve to open doors for potential expanded partnerships and collaborations among Tribes, the IHS, and the VA – resulting in more services and access points for Native Veterans living in tribal communities.

On an individual level the Tribal Outreach Coordinator (TOC) acts as an advocate for AI/AN Veterans when called upon to do so. The TOC assists Native Veterans and their family members in addressing issues that may be unique to Native populations based on factors like culture, physiology, worldview, environment or spiritual beliefs.

VA research shows that Native Veterans underutilize VA services for a variety of reasons, creating even further health disparities they experience. Tribal Outreach intends to change that scenario based on respect for Native Veterans’ informed preferences and to bring VA benefits to some of the more than two hundred twenty thousand (220,000) Native American Veterans who have served in the military in greater numbers per capita than any other ethnic group in the country. If you need assistance regarding AI/AN Veterans and their physical/mental/spiritual health, please don’t hesitate to contact the TOC.



Women Veterans Health Program

Program/Area	Point of Contact	Phone Number	Email Address
Women Veterans Health	Kathy Zima-Sauer, WVPM	785-350-3111 Ext. 53442	kathy.zima@va.gov

The VA has had a Women's Health Program since 1985, but since 2009 has worked to expand care and services to better meet the needs of our rapidly growing Women Veteran population. VA EKHCS offers Comprehensive Women's Health Primary Care services at both main VA medical center campuses at Topeka and Leavenworth and currently at 4 Community Based Outpatient Clinics (CBOCs) located in Junction City KS; Wyandotte KS, Ft Scot KS, and St Joseph MO. Future expansions of WH Primary Care are planned for additional locations. In addition EKHCS offers Gynecology Specialty care on site at Topeka and utilizes Fee Based Care with local community providers for maternity care and mammography/breast care. The fastest growing segment of the Women Veterans population is younger women of child bearing years due to the increase of women in the military (almost 15% of active duty) including women combat Veterans who have served in support of Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn. This segment of our Women Veterans population brings unique health care and mental health care challenges due to co-morbidities of post trauma issues, reintegration stressors, family life, teratogenic medications, medication and symptom management and pregnancy. EKHCS has a full-time Women Veterans Program Manager who works to expand services for Women Veterans which includes recently developed Women's Only Wellness program to promote Preventive Health Care and Healthy Life Style changes for women veterans of all ages.

Readjustment Counseling Service (Vet Center)

Program/Area	Point of Contact	Phone Number	Email Address
The Manhattan Vet Center	Shawn S. Martin, M.S.	785-350-4927	shawn.martin@va.gov

Readjustment Counseling Service (Vet Center) was established in 1979 under Public Law 96-22 to address the readjustment needs of Vietnam Veterans. Additional legislation extended program eligibility to Veterans of other combat theaters, and to Veterans who have experienced sexual trauma as a result of their military service. Services include direct clinical services, community education, consultation, conjoint treatment in concert with VA medical centers and outpatient clinics, the provision of guidance regarding obtaining needed services, networking and referrals, and training of VA counselors and mental health professionals within the Vet Center staff. Currently, there are over 300 Vet Centers nationwide.

The Manhattan Vet Center is one of 46 Vet Centers that make up the Central Region, (Region 2). The program specifically addresses the readjustment needs of Veterans from all combat theaters, and those who experienced sexual trauma while serving our country. We also provide bereavement services for families of service members who have died while on active duty. Our services are primarily aimed at assisting Veterans in learning to adaptively cope with problematic military experiences.

Veteran Eligibility Office

Program/Area	Point of Contact	Phone Number	Email Address
Topeka	Karla Emmons	785-350-3111 Ext. 54511	karla.emmons@va.gov
Leavenworth	Helen Warner	913-682-2000 Ext. 52361	helen.warner2@va.gov

The Eligibility Office is the first area Veterans go to for enrollment into the VA System

To enroll into the VA system, the following minimum information is required:

- The Veteran's DD214
- A Federal or State picture ID
- The previous year's financial information

Basic Eligibility

If you served in the active military, naval or air service and are separated under any condition other than dishonorable, you may qualify for VA health care benefits. Current and former members of the Reserves or National Guard who were called to active duty (other than for training only) by a federal order and completed the full period for which they were called or ordered to active duty may be eligible for VA health care as well.

Minimum Duty Requirements

Most Veterans who enlisted after September 7, 1980, or entered active duty after October 16, 1981, must have served 24 continuous months or the full period for which they were called to active duty in order to be eligible. This minimum duty requirement may not apply to Veterans who were discharged for a disability incurred or aggravated in the line of duty, discharged for a hardship, or received an "early out." Since there are a number of other exceptions to the minimum duty requirements, VA encourages all Veterans to apply in order to determine their enrollment eligibility

More information and an application for benefits can be found online at

<http://www.topeka.va.gov/patients/eligibility.asp>

National Resource Directory

<https://www.ebenefits.va.gov/ebenefits/nrd>

A tri-agency initiative among the Departments of Defense, Labor, and Veterans Affairs; the National Resource Directory (NRD) is a federal government website that connects wounded warriors, Service members, Veterans, families and caregivers to thousands of services and programs at the national, state, and local levels to support them during recovery, rehabilitation and reintegration. Visitors to the site can find information on topics such as post-traumatic stress disorder, military and Veterans benefits, health care, educational opportunities, homeless assistance, employment, and more.

The NRD offers information on:

- Benefits & Compensation
 - Education & Training
 - Employment
 - Family & Caregiver Support
 - Health
 - Homeless Assistance
 - Housing
 - Transportation & Travel
 - Other Services & Resources
-



National Resource Directory

Connecting Wounded Warriors, Service Members, Veterans,
Their Families and Caregivers with Those Who Support Them

Other Area VA Facilities

Robert J. Dole VA Medical Center

888-878-6881

5500 East Kellogg Ave. Wichita, KS. 67218
www.wichita.va.gov

In addition to the main hospital complex in Wichita, there are Community Based Outpatient Clinics located in Fort Dodge, Hays, Hutchinson, Liberal, Parsons, and Salina Kansas.

Kansas City VA Medical Center

816-861-4700

4801 Linwood Blvd. Kansas City, MO. 64128
www.kansascity.va.gov

In addition to the main Hospital complex in Kansas City, there are Community Based Outpatient Clinics located in Belton, Cameron, Excelsior Springs, Nevada, and Warrensburg Missouri and in Paola Kansas. Also, the Honor Annex on Northern Avenue in Kansas City provides many additional medical services and the KCVA Mobile Medical Unit travels between Bolivar, Carrollton, Trenton, and Warrensburg Missouri with visits to Olathe Kansas.

Wichita Vet Center

316-265-0889

251 North Water St. Wichita, KS. 67202

Kansas City Vet Center

816-753-1866

4800 Main St. Suite 107 Kansas City, MO. 64111

Manhattan Vet Center

816-753-1866

205 South 4th St. Suite B, Manhattan KS. 66502

	Type of Treatment	Length	Location	POC	# of Beds	Ind. Therapy	Groups Offered	Criteria for Admission	Other Considerations
Acute Psychiatry	Stabilization and short-term MH treatment	4 to 7 days (avg.)	Topeka	Debbie Hedges, RN 785-350-3111 Ext. 52464	17	No	Psycho-educational, Supportive, Music/Art Therapy, Recreation Recovery, Life-Management Skills, Relaxation	*Threat to self or others *Self-Mutilating Behavior/ Poor Impulse Control *Uncontrolled psychosis, mania, anxiety, etc. *Admissions who <i>do not</i> meet criteria for acute psychiatric care	*Locked Unit *Non-Smoking *Able to take involuntary patients *24/7 admission capability
Psychiatric Recovery & Wellness Program	Slightly longer term psychiatric & medication stabilization, short-term MH treatment	3 to 4 weeks (avg.)	Topeka	Sandi Jensen, RN 785-350-3111 x 5-2231	17	Yes	Mental wellness, breathing and relaxation, emotional regulation, Social Skills Training, spirituality, sleep hygiene, PTSD Support group, and Vocational Rehabilitation		*Day passes are given on a case-by-case basis
Fresh Start	Inpatient and dual diagnosis Treatment	4 weeks	Topeka	Terra Prescott, LMSW, LCAC 785-350-3111 x 5-2166	17	Yes	Cognitive Behavioral Therapy, SMART Recovery, Spiritual, Music/Art Therapy, Recreation	*Motivation for substance use treatment *No acute psychiatric/medical	*Locked Unit *Non-smoking *No legal obligations during stay
Stress Disorders Treatment Program	Intensive treatment for Post-Traumatic Stress Disorder (PTSD)	7 weeks	Topeka	Dr. Kirsten Watkins, Psy.D 785-350-3111 x 5-2139	22	Very limited	CPT, group-based psychotherapy; psycho-ed classes (e.g. stress mgt, ACT, in vivo, anger & emotional control, music therapy, tai chi, mindfulness, meditation) and dual-diagnosis treatment	*30 days clean time *Pain managed *Must have discharge plans *Engaged in outpatient MH first	*No legal obligations during stay
Geriatric Psychiatry	Short stay stabilization, evaluation, and diagnosis	No more than 90 days	Topeka	Colleen Grinage, RN 785-350-3111 x 5-3260	15	No	Physical Therapy, Recreation Therapy	*Psychiatric diagnosis/dementia *Generally age 55+ *Cognitive impairment *Medically stable	*Passes considered on individual basis
Domiciliary (MHRRT)	Long-term, holistic, group treatment program for homelessness, MH, sub. use	90-180 days	Leavenworth	Lindsay Teplesky, LCSCW 913-682-2000 x 5-2750	196	Very limited	CBT for Depression, Trauma Recovery, Dual Diagnosis, Integrative Medicine, Cognitive Retraining & Skills Building, Social Skills Trng., Addictions Treatment	*No acute psychiatric or medical needs *Engaged in outpatient or shorter treatment program first	*Freedom of movement *No outstanding warrants *Day and overnight passes if therapeutic

Program or Area	Point of Contact	Phone Number	Email Address
Acute Psychiatry	MHC Phone Nurse	785-350-4727	no email address
Addiction Treatment Program	Jenny Rosinski, Ph.D.	913-682-2000 ext. 53050	jenny.rosinski@va.gov
Caregiver Support Program	Misty Lester, LCSW	785-350-3111 ext. 52232	misty.lester2@va.gov
Domiciliary & MHR RTP	Lindsay Teplesky, LCSW	913-682-2000 ext. 52750	lindsay.teplesky@va.gov
Cottonwood Community LC	Colleen Grinage	785-350-3111 ext. 53260	colleen.grinage@va.gov
Health Care for Homeless Veterans (HCHV)	Brianna Frits (Topeka)	785-350-3111 ext. 52121	brianna.frits@va.gov
Health Care for Homeless Veterans (HCHV)	Bruce Burgo (Leavenworth)	913-682-2000 ext. 52068	bruce.burgo@va.gov
Health Care for Re-entry Veterans (HCRV)	Christine Strohm	913-682-2000 ext. 53098	christine.strohm99@va.gov
HUD - VA Supported Housing (HUD-VASH)	Bill Lanning, LCSW, BCD	913-682-2000 ext. 52948	william.lanning@va.gov
Life Enrichment Center (LEC)	Jean Holthaus	785-350-3111 ext. 52950	jean.holthaus3@va.gov
Local Recovery Coordinator - TOP	Dinah Dykes, LCSW	785-350-3111 ext. 52194	dinah.dykes@va.gov
Local Recovery Coordinator - LVN	Brandy Smith, Ph.D.	913-682-2000 ext. 53018	brandy.smith4@va.gov
Mental Health Clinic - Topeka	Susan Ohlde, Ph.D.	785-350-3111 ext. 54335	susan.ohlde@va.gov
Mental Health Clinic - LVN (CC4)	Susan Paolo, Ph.D.	913-682-2000 ext. 53036	susan.paolo@va.gov
Mental Health Intensive Case Mgt (MHICM)	Terri Picolet	785-350-3111 ext. 52132	terri.picolet@va.gov
Military Sexual Trauma (MST)	Gary Napier, CNS	785-350-3111 ext. 52068	gary.napier3@va.gov
PTSD Clinical Team (PCT)	Jim Sharpnack, Ph.D.	785-350-3111 ext. 53456	james.sharpnack2@va.gov
Stress Disorder Treatment Program/PTSD Unit	Kirsten Watkins Peggy Tice	785-350-3111 ext. 52139 785-350-3111 ext. 52123	kirsten.watkins@va.gov peggy.tice@va.gov
Psychiatric Recovery & Wellness Program (PRWP)	Sandi Jensen, RN	913-682-2000 ext. 52231	sandra.jensen3@va.gov
Fresh Start	Terra Prescott, LMSW	785-350-3111 ext. 52166	terra.prescott@va.gov
Suicide Prevention Program	Stephanie Davis, Ph.D.	785-350-3111 ext. 52024	stephanie.davis12@va.gov
Neuropsychology - Topeka	Brad Anderson	785-350-3111 ext. 52031	brad.anderson2@va.gov
Neuropsychology - Leavenworth	Scott Sumerall	913-682-2000 ext. 53072	scott.sumerall@va.gov
PC/MH integration (PC/MHI) TOP	Dawn Gettman, Psy.D. -TOP	785-350-3111 ext. 52169	dawn.gettman@va.gov
PC/MH integration (PC/MHI) LVN	Michael Black, Ph.D. - LVN	913-682-2000 ext. 52774	michael.black@va.gov
Veterans Justice Outreach (VJO)	Heather Davis, LCSW LCAC	785-350-3111 ext. 52191	heather.davis5@va.gov
Grant & Per Diem (GPD) program	Dolly Mitchell	913-682-2000 ext. 52316	dolly.mitchell2@va.gov
Compensated Work Therapy - TOP	Debra Varney	785-350-3111 ext. 52959	deb.varney@va.gov
Compensated Work Therapy - LVN	Mark Tomlinson	913-682-2000 ext. 52645	mark.tomlinson@va.gov
Incentive Therapy (IT)	Jill Quarles	785-350-3111 ext. 52087	jill.quarles@va.gov
Supported Employment (SE) - TOP	Susie Beninga	785-350-3111 ext. 52958	sandra.beninga@va.gov
Supported Employment (SE) - LVN	Shawn Martinez	913-682-2000 ext. 52364	shawn.martinez@va.gov
Transitional Residences (TR)	Bruce Wayant Stanley Simmons Jill Quarles	785-350-3111 ext. 52957, 52265, or 52087	bruce.wayant@va.gov stanley.simmons@va.gov jill.quarles@va.gov
Vocational Rehabilitation Service	Kent Schumaker	785-350-3111 ext. 52965	kent.schumaker@va.gov
Chaplain Services	Janis Grubbs	785-350-3111 ext. 53978	janis.grubbs@va.gov
Community Based Outpatient Clinics (CBOC)s	Margaret Rosthauser	913-682-2000 ext. 52447	margaret.rosthauser@va.gov
My Healthevet - Topeka	Janet Barrett	785-350-4464	janet.barrett@va.gov
My Healthevet - Leavenworth	Shawn Hoffman	913-682-2000 ext. 53648	shawn.hoffman@va.gov
OEF/OIF/OND Program	Deirdre Fitch, LCSW	785-350-3111 ext. 52331	deirdre.fitch@va.gov
Tribal Outreach	Will McClammy	785-350-4344	will.mcclammy@va.gov
Women Veterans Health Program	Kathy Zima-Sauer, WVPM	785-350-3111 ext. 53442	kathy.zima@va.gov
Veteran Eligibility Office - TOP	Karla Emmons	785-350-3111 ext. 54511	karla.emmons@va.gov
Veteran Eligibility Office - LVN	Helen Warner	913-682-2000 ext. 52361	helen.warner2@va.gov
Readjustment Counseling Service (Vet Center)	Shawn S. Martin, M.S.	785-350-4927	shawn.martin@va.gov



The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs' responders. Veterans and their loved ones can call 1-800-273-8255 and press 1.

www.veteranscrisisline.net